

Strive.

Take steps to be in good health.

- 1.) Manage blood pressure
- 2.) Control cholesterol
- 3.) Reduce blood sugars
- 4.) Be active
- 5.) Eat better
- 6.) Lose weight
- 7.) Stop smoking

Never too late to make better choices. That's why the American Heart Association created *My Life Check* and the *Simple Seven*.

To find out where you stand with the Simple Seven goals, go to mylifecheck.heart.org to complete the *My Life Check* assessment. In a few minutes, you will know how well you are doing each of Life's Simple Seven and receive your heart score and life plan.

Live healthy moments every day. Complete acts of healthy living such as going for a walk, cooking at home instead of eating out or doing stretches while watching TV.

Take care of yourself to be in good health for yourself and those you love. Make healthy moments a family affair and create the legacy of good health and lifestyle habits.



Survive.

Know the warning signs of stroke.

- Sudden numbness or weakness of face, arm or leg— especially on one side.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Note the time symptoms first appear.

Knowing the time of symptom onset will direct and guide the healthcare team. If given within the first 3 to 4 1/2 hours of the first symptom, there is an FDA-approved clot busting medication (called t-PA) that may reduce long-term disability for the most common type of stroke.

Act fast and always call 9-1-1 promptly. If you notice someone experiencing one or more of these stroke symptoms, don't delay. Call 9-1-1 right away.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. It gives people the best chance of surviving stroke with minimal side effects.



Thrive.

Manage personal risk.

Fill out the Stroke Risk Scorecard and discuss it with your personal physician.

- Manage and control your blood pressure.
- Know your cholesterol numbers.
- Manage your diabetes.
- Take medications as directed.

Stop smoking; plus avoid secondhand smoke. Smoking doubles the risk of stroke. It damages blood vessel walls, speeds up artery clogging, raises blood pressure and makes the heart work harder. Strokes are closely associated with exposure to secondhand smoke.

Eat healthy and maintain a healthy weight. Follow a diet rich in fruits and vegetables, high in potassium, and low in saturated fats. Choose and prepare foods with little or no salt. Aim to eat less than 1,500 mg of sodium daily.

Be active daily. Walk or do other physical activities for a least 30 minutes on most, if not all, days of the week.

Limit alcohol consumption. Heavy alcohol use and binge drinking increase the risk of stroke. If you drink, limit alcohol to no more than one drink a day for women or two drinks a day for men.

